



***This One Thing***  
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Many of us make new resolutions all the time, yet many of our resolutions don't last. Why is that? Well, I'm not quite sure, but I believe that a lot of us, we have what we might call some good intentions, some things that we want to accomplish, something that you want to do; but we all know that having good intentions is never enough. It requires the right type of intention, the right type of decisions, laser-focus and unquenchable determination.

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**The Story of Nehemiah**

Nehemiah thinks to himself... "If I don't get anything else done while I'm here... I've got to get this wall rebuilt."

Nehemiah's enemies try to stop the work but when found unsuccessful they try to DISTRACT Nehemiah!

Nehemiah's response: "I am doing A GREAT WORK and I CANNOT COME DOWN. Why should the work stop while I leave it and come down to you?"

Nehemiah 6:1-3

When that didn't work they tried something else. Yet, Nehemiah PERSEVERED and blessed his dedication and perseverance.

Nehemiah 6:15-16

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**What is the ONE THING you need to start or finish off, work or concentrate on this season?**

"What we focus our heart and mind on determines the direction we take and the choices we make"

Good intentions versus GOD-INTENTIONS

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**3 questions that can help:**

1. What one thing do I DESIRE from God?

*The one thing I ask of the Lord - the thing I seek most - is to live in the house of the Lord all the days of my life, delighting in the Lord's perfections and meditating in his Temple.* Psalm 27:4 (NLT)

2. What one thing do I LACK?

*Looking at the man, Jesus felt genuine love for him. "There is still one thing you haven't done," he told him. "Go and sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, follow me." At this the man's face fell, and he went away sad, for he had many possessions.* Mark 10:21-22 (NLT)

3. What one thing do you need to LET GO?

*No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.* Philippians 3:13-14 (NLT)

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**CONCLUSION:** As you focus on God-inspired intentions, you will face resistance but you need to remember that God, like with Nehemiah, has your back. Center your mind on His promises and not on the distractions!

*This one thing I know: God is for me! I am trusting God-oh, praise his promises! I am not afraid of anything mere man can do to me! Yes, praise his promises.* Psalm 56:9-13 (TLB)